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**CLAIMS**

1. A beverage containing a product of sonication of vitamin E phosphate/phosphatidylcholine liposomes.
2. A method of preparing a beverage comprising:
  - (1) sonicating liposomes containing vitamin E phosphate and phosphatidylcholine until a clear liquid is obtained, then
  - (2) adding the clear liquid product of step 1 to a beverage.
3. A method of claim 2 wherein the phosphatidylcholine is polyenylphosphatidylcholine.
4. The beverage of claim 1 which is a fruit drink.
5. The beverage of claim 1 which is a coffee or tea drink.
6. The beverage of claim 1 which is a soy product.
7. The beverage of claim 1 which is a dairy product.
8. The beverage of claim 1 which is a carbonated beverage.
9. A method of prophylaxing against cell damage or stimulating repair of damaged cells comprising administration of a composition containing vitamin E phosphate/phosphatidylcholine in liposomal form.
10. The method of claim 9 wherein the damage results from or would result from exposure to ethanol.
11. The method of claim 9 wherein the damage results from or would result from exposure to a toxin in the environment.
12. The method of claim 9 wherein the vitamin E phosphate/phosphatidylcholine is administered by mouth.
13. The method of claim 9 wherein the phosphatidylcholine is polyenylphosphatidylcholine.
14. The method of claim 9 wherein the vitamin E phosphate/phosphatidylcholine is administered intravenously.

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15. The method of claim 9 wherein the vitamin E phosphate/phosphatidylcholine is administered in the form of a cream or gel.
- 5 16. The method of claim 9 wherein the cells are liver cells.
17. The method of claim 9 wherein the vitamin E phosphate ester/phosphatidylcholine is administered to the mucosa.
- 10 18. The method of claim 9 wherein the vitamin E phosphate/phosphatidylcholine is administered to the tissue during surgery.
19. The method of claim 9 wherein the vitamin E phosphate/phosphatidylcholine is administered to the skin.
- 15 20. The method of claim 17 wherein the vitamin E phosphate/phosphatidylcholine is administered sublingually.
21. The method of claim 17 wherein the vitamin E phosphate/phosphatidylcholine is administered as a spray or mist.
- 20 22. The method of claim 15 wherein the vitamin E phosphate/phosphatidylcholine is in a cosmetic.
- 25 23. A method of prophylaxing against or treating cell damage arising from ethanol in a human by administration of a composition containing an effective amount of vitamin E phosphate/phosphatidylcholine.
24. The method of claim 23 wherein the composition is a beverage.
- 30 25. A composition of matter comprising vitamin E phosphate/ phosphatidylcholine liposomes in a food, beverage or nutritional supplement.
26. A method of claim 9 wherein the vitamin E phosphate/phosphatidylcholine is ingested.

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